

Iron County Register

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IRONTON, MISSOURI.

CARE OF THE HEALTH.

Hints on Nursing.

[Miss E. R. Scovill, of the Massachusetts General Hospital, in the Christian Union.]

The most important article of furniture in a sick room is of course the bed; and where the illness seems likely to be protracted it is well worth taking a little trouble to procure an easy and convenient one. The bedstead should, if possible, be of iron and not too low. It is much easier to wait upon the occupant when each trifling service does not entail bending nearly to the ground, as would be the case were the bedstead in use one of the ordinary, fashionable kind. The best foundation is a wire woven mattress with a thick hair one over it. Feather beds should be abjured as an abomination. They are not comfortable for more than a short time after they are made. The weight of the body pushes the feathers into hills on each side, leaving it lying in a veritable valley of humiliation. If a wire woven mattress can not be obtained a common excelsior or husk one will answer, though it is not so good. An oblong piece of rubber sheeting is a great protection. Over it spread a cotton sheeting and tuck it well under the mattresses, as it ought not to require changing for several days. A draw sheet, which is simply a large one folded once lengthways, should be placed across the bed and the ends firmly secured by thrusting them under both mattresses. This can be taken off with much less trouble than is necessary to remove the under sheet, and can be kept tight and free from wrinkles, which are one of the most fruitful causes of bed sores. Enough pillows must be used to support the shoulders and head comfortably, some persons liking several, others not more than one. If a number are used, the one next the back must be put on first, and the others each one behind the next, to prevent their slipping down. Little need be said as to the upper bed-clothes, except that they must be of a kind that can be easily washed. Thick comforters, quilted with cotton wool, are quite inadmissible. In surgical cases where a pillow is required to support a limb, it is advisable to cover it with a piece of India rubber cloth made into a case. In long illness one or two small pillows or cushions will be found very useful to put under any part of the body that may require support, and also a tiny round one to slip under the back of the neck.

Sickness entails so much extra washing that every possible means should be adopted to lessen the laundry work. While it is absolutely necessary not only to comfort, but sometimes even to recover, that the most perfect cleanliness should be maintained, there are many little devices by which the sufferer may be kept fresh and tidy without a wasteful expenditure of linen. When the upper end of a clean sheet has become crumpled and creased, the lower, that has been tucked evenly under the foot of the mattress, is still smooth, and it may be turned round with little trouble. One that has been in use during the day may be taken off at night, hung in an unoccupied room to air and be ready for use again in the morning. When a pillow has been under the head for several hours it should be taken away, a fresh one substituted, the case pulled off and shaken out of the window of an adjoining room. The pillow should always be changed the last thing at night; the cool one will assist in procuring a good night's rest. Blankets should not be allowed to remain unchanged more than a week. They must be hung in the sun for several hours and aired in a warm room before being replaced on the bed. If the invalid is not too ill to be removed it is well to have him lifted on a couch, lounge or other bed every two or three days, that the mattress may be turned and aired. If this is impossible it is quite practicable to change every article of bed clothing while he is still lying in bed, and that without the slightest difficulty or inconvenience. The clean under sheet should be laid on the floor, with the draw sheet folded across in the same way in which they will lie on the bed; taking hold on one side, roll them both together, forming a long roll. Pull out one side of the soiled under sheet and push it with the soiled draw sheet toward the middle of the bed. Lay the fresh roll on the bed and open it enough to tuck the side under the mattress, spreading it smoothly toward the center. The sick person may now be lifted on the space thus prepared, the soiled sheets pulled away and the clean ones drawn to the other side, and tucked in. To change the upper sheet, fold it crossways and lay it under the clothes, securing it at the foot; then draw it up, unrolling it before removing the others. Another way is to take off the counterpane and spread the sheet with one blanket over it on top of the other clothes, drawing them from underneath it when it is in place.

The night dress should be changed at least twice a week. Slip the arms out of the soiled one, put the clean one on over the head and when the arms are in pull it down, removing the other at the same time over the feet. A flannel jacket is very useful, and indeed indispensable when the sufferer is restless

and disposed to throw off the coverings.

To wash the person a cloth is better than a sponge. The best soap is the white unscented kind. Castile soap is positively injurious to some skins from the strong soda contained in it. Carbolic and tar soap produce no good effect, if not actually harmful. The washing, of course, must be done before changing the clothing. Pass the hand under the clothes and do not wet too large a surface at once. Dry as quickly as may be with a soft towel. It is wise to ask the doctor whether cold or tepid water should be used. The former is the more refreshing, but is not always permissible. The mouth should be rinsed out and the teeth rubbed with a piece of linen rag wound around a small stick and dipped in cold water. The face and hands should be sponged several times during the day. If a hip bath is ordered, the invalid must be seated in it and covered with a blanket enveloping the tub as well. The water should be as hot as can be borne, and care must be taken to keep it at the same temperature by adding fresh as soon as it begins to cool. On coming out the body should be rubbed with hot towels. Should the doctor order a foot bath to be given in bed, a folded blanket or piece of rubber sheeting should be placed in the bed for the tub to stand on. The bed clothes must be partly folded back from the foot, the tub introduced, the knees drawn up, the feet placed in the water and the clothes pulled down again.

Another Love Romance Ended.

The glens, and groves, and hills and dales around Iowa Falls are all so suggestive of romance, and so many sensations that involved heart's ease have transpired in these grounds, that people from surrounding towns are making this a trysting place for their love meetings and making. A case in point came to the notice of our pencil-pusher recently. A man named—never mind—residing in the classical city of Clear Lake, the spot of spots, where tender feeling should bud and blossom, inserted a notice in an Eastern paper for a wife. He was lonely, had a big heart, strong arms, and wanted a daisy of a girl to accept his charms of heart, soul and body. A girl in far-off Pennsylvania read the advertisement, and she was lonely and wanted sympathy, therefore she answered the notice. In due time the letters passed each other semi-weekly on the route from Iowa to Pennsylvania. Finally it was arranged that the mutually-smitten twain should meet beneath the clear Iowa sky, and it is not strange, but it is true, that Iowa Falls was selected as the place of meeting. On last Thursday the train from the East brought a young woman in our depot, who was comely in appearance and young. Upon alighting at the depot she carefully looked around for somebody, went into the depot, and waited for somebody, but he did not come. After waiting some time she went over to Mr. Foot's eating-house and deposited her luggage. When the shades of evening were falling thick and fast a youth appeared at the depot. He peered around awhile, and then commenced to ask questions. He wanted to know if a lady got off the train, and if so where she was. He was directed to the eating-house, and there they met for the first time on earth. The fellow, either from stratagem or force of habit, was a veritable tramp in appearance. His buttons were bare. His big toes protruded from his boots. His face was dirty, and he looked any thing but an expectant bridegroom awaiting his lady love. He was presented to our heroine and she was struck with amazement. There were the features as revealed in the loved photograph she carried in her bosom; but, mercy! what a frame the picture surrounded. The love look on his face made him even more hideous, and the girl with despair at her heart and yet a relief coming along with it and lifting the cloud gazed at the new comer with no love in her eyes. Only a few words were spoken. She complimented him on the size and dirtiness of his great toes, on his buttons and dirt and told him—Begone. Thus ended another of these episodes, and they all end in this way. The young lady has found friends here, and the young man has gone back to Clear Lake probably to wash up.—*Iowa Falls Sentinel.*

NATHAN CROWLEY, age 12 years, and Henry Gorman, age 15 years, started for Leadville the other day from their homes in New York. Crowley is the son of a policeman, and, anticipating danger on the journey, prudently armed himself with his father's revolver, leaving in its place a note to the effect that he would soon return a rich man, when he would more than make up for the little indiscretion. Three other lads of the same ages, who were to join the expedition, gave up just before the start. The two adventurers, whose capital amounted to one dollar, reached Jersey City, just across the river, and were there overtaken and led back ingloriously.

THE pressure of water on the main reservoir in Lansingburg, N. Y., was recently so great that it forced off the main valve, which weighed a ton, and threw it fifty feet. The water that followed rose one hundred and fifty feet, struck the embankment of the Troy and Boston Railroad, and washed away twenty-five feet of it.

MISSOURI STATE NEWS.

James Shumate, an old resident of Lewis County, struck a \$40,000 bonanza recently in a mine speculation in Colorado. He has returned to Lewis County and will put his money where it will do the most good.

The Democratic State Central Committee met at the Laclede Hotel, St. Louis, on the 16th, for the purpose of selecting a place and appointing a time for holding a convention for the appointment of delegates to the National Democratic Convention to be held at Cincinnati June 22, also to agree to a basis of representation, and also for selecting the place and time for a State Convention for the nomination of candidates for State offices. The Chairman, Col. John O'Day, stated the object of the meeting, and Secretary W. H. Mayo called the roll, which was responded to as follows: W. H. Crompton, First District; J. G. Prather, Second District; E. A. Noonan, Third District; J. P. Walker, Fourth District; H. S. Herbert, Fifth District; John O'Day, Sixth District; E. A. Nickerson, Seventh District; A. C. Bryant, Eighth District; Joseph Truax, Ninth District; H. A. Newman, Tenth District; Thomas S. Carter (proxy for S. C. Douglass), Eleventh District; Major Gillespie, Twelfth District; B. F. Dobyns (proxy for S. M. Edwards), Thirteenth District. The first business before the meeting was the hearing of members as to the claims of different cities for the honor of being selected as the place for holding the convention.

Kansas City presented her claim through Mr. Ezra Hickman, Jefferson City through Hon. J. Ed. Belch, Sedalia through Hon. John T. Hurd, Moberly through Mr. W. H. Newman, and Springfield through Mr. D. C. Kennedy. An informal ballot was taken, and the meeting adjourned for dinner. At the reassembling in the afternoon, the first question called was the time to be fixed upon for the delegate convention, and it was decided that it should be the 26th of May. A vote was then taken as to where the convention should be held. The ballot resulted as follows: Jefferson City, 1; Sedalia, 1; St. Louis, 2; Moberly, 8. Kansas City did not enter the contest. And so May 26 was declared the time and Moberly the place for holding the delegate convention. On the question of place and time for the nominating convention, the final ballot resulted as follows: Kansas City, 4; Jefferson City, 8; and the time was set as July 21. The basis of representation was next discussed. It was decided to postpone the matter so far as the Jefferson City convention was concerned until the meeting at Moberly on the 26th of May. For the Moberly convention the question was settled by the following resolution: "That the ratio of representation in the State Convention to nominate delegates to the National Convention shall be three delegates to each representative district, and one delegate for every 500 Democratic votes or fraction of 500 votes in excess of 250 cast at the last general election for Democratic candidate for President, except in the City and County of St. Louis, which shall be entitled to three delegates for each representative and one for each 500 votes or fraction thereof in excess of 250 cast in each representative district at the last annual election for Democratic candidate for Supreme Judge." The exception was necessary in the case of the County and the City of St. Louis, because no presidential election has occurred since the separation of the city and the county. A motion was carried instructing the Chairman of county committees to call either a delegate or mass meeting in their respective counties, Saturday, 22d day of May, to select delegates to the Moberly Convention. Adjourned.

In the latter part of December, the C. B. and Q. Railway made Bethany a proposition to build a railway to that point for a consideration of \$40,000, the company agreeing to build the road by November 1, 1880. Messrs. Baldwin, attorney, and McClure, chief engineer of the road, have selected a location for the depot, but want to have the time extended until January 1, 1881. The money is raised. John T. Coates has been appointed by Gov. Phelps Judge of the County Court of Randolph County, vice Thomas P. White, deceased.

The twelfth session of the M. E. Conference met in Sedalia on the 16th, under the presidency of Bishop R. S. Foster, of Boston, Mass. St. Patrick's Day was not allowed to pass at St. Louis without a most brutal murder. Just before 12 o'clock at night three young Irishmen, James Gordon, Anthony Gahan, and Ed. Barrett, went into Raymond Troxler's saloon, on Twenty-second and Wash Streets, and engaged in a game of fifteen-ball pool. They became very boisterous, and Troxler took the boys away from the pool. He refused them liquor. At this they became much excited, and while one held the door of the room open Gordon, leader of the gang sprang upon Troxler. Before the other occupants of the saloon could interfere, the rough drew a large butcher knife, and, striking a terrible blow, drove the blade through Troxler's skull and several inches into the brain. The saloon-keeper fell dead, and the roughs made their escape. A little earlier than this an affray occurred only two blocks away, in which John Cunningham, a bar-keeper, shot John Gorman an Dan Hefferman, not fatally.

On the 17th twenty mounted men, of desperate appearance, encamped between Moberly and Higbee, taking a position such that by a rapid ride they could reach the track of either the Missouri, Kansas and Texas, Chicago and Alton, or North Missouri Roads, and it was surmised that they intended a raid on a train. There was much agitation among railroad officials.

The Governor on the 20th received a check for \$1,534.37 from the United States Government in favor of Cedar County, on swamp land and account, a claim proved up in November last by Register of Lands McHenry, and forwarded to the proper department at Washington.

Auditor Holladay on the 20th registered \$33,200 six-per-cent. bonds of the town of Canton, being funding bonds from old temperance bonds compromised at fifty cents on the dollar.

THE scene of an apparition at Knock, County Mayo, Ireland, has been thronged with credulous visitors. The building where the miracle is believed to have occurred and where cures are said to be wrought, is four and a half miles from Claremorris, from which forty public cars run to the place of pilgrimage, the number formerly having been only three.

TO CLEAN RAISINS OR CURRANTS.—Do not wash them, but dry them with a cloth. Currants can be cleaned in a sieve with the hand. Washing makes cakes or puddings heavy.

Decrease in the Size of Farms.

The attention of the public has been attracted of late to the large tracts of land owned and worked by capitalists in the Northwestern States. This has given many the idea that the tendency of American farming is in this direction. Fortunately this is not the fact. The success of farming on an immense scale would indeed increase the number of such experiments in the newer and unoccupied States, and this, perhaps, will be the result. The business stagnation the last few years which has kept capitalists from investing in other enterprises, has naturally turned their attention to farming. By securing large tracts of cheap lands, and keeping them under the plow for wheat, a large apparent profit is made. The first plowing—breaking prairie soil—is expensive, but after that wheat can be grown for several years with little expense except seed and harvesting. All the work is done by machinery, and with as small a number of men as possible. Self-binding reapers diminish the labor of harvesting. Threshing is done in the field, and the straw is burned on the ground to get it out of the way. Of course, the soil is rapidly exhausted, but the owners have taken the cream of fertility and made it pay for the land two or three or more times before they throw it aside as worthless.

As far as maintaining fertility is concerned, this policy is the one always adopted in new countries. Heretofore, with occasional exceptions, the newer States have been occupied by actual settlers, who come to build homes and become permanent residents of the commonwealth. To be sure, for a time they unduly exhaust the fertility of their lands; but when the farm is comparatively small this process is always stopped sooner than when the farms are unduly large. The small farmer is compelled to maintain a higher state of fertility because he has fewer acres from which to defray family and incidental expenses. With a large farm a small profit per acre will maintain its owner in affluence; but on a small farm the utmost must be made from every acre.

It is therefore for the public interest in more ways than one that the tendency to monopolize large tracts of land in few hands should be discouraged. The more small farmers there are in the country the greater number of independent freeholders, who are the best security for the perpetuity of popular liberties. Large farmers require an increased number of dependents, who can not have the same interest in the future of the country as the owners of the soil. It is true that other circumstances modify this rule somewhat. The large numbers of labor-saving implements invented in the last thirty years enable one man to work a larger area of land than formerly. Without mowers and reapers the crops of the Northwest could not be harvested with the present force of laborers. Yet taking the country through the census reports show that during thirty years the size of farms has greatly decreased, and this, despite the fact that within thirty years the new States have been occupied with railroads which have massed large tracts in few hands. The figures from 1850 to 1870 are as follows:

Year.	Acres.
1850. Average size of farms.....	239
1860. Average size of farms.....	139
1870. Average size of farms.....	135

It is probable that the census next summer will show that this tendency continues, as is natural where land is cheap, as it is in this country, and every man who chooses can secure a home of his own with a few years' labor. There are no difficulties interposed in any State to discourage or prevent the subdivision of farms as in England and Ireland, and the evil which the Irish people are suffering from landlordism are in little danger of appearing in this country. Even in the newer States where large, unoccupied areas tempt capitalists to buy and hold immense tracts, the tendency is the same. In Texas, for example, the average size of farms in 1850 was 942 acres. In 1860 it had decreased to 591 acres, and in 1870 to 301 acres. No other State has so large farms as Texas. Nevada in 1860 had farms of 617 acres; but in 1870 they had decreased to 201 acres. In Illinois, Indiana and Iowa, in 1870 the average size of farms was 128, 112 and 134 acres respectively. These are much smaller farms than we of the East imagine to be the average in those States. Probably, however, this average is largely reduced by the increased numbers of holders of real estate for market gardening purposes near cities and villages. However induced, the reduction in sizes of farms shows a better state of cultivation and improvement of those commonwealths in the character of their population. This country is as yet far removed from some of the most difficult problems which demand the attention of political economists and statesmen in the over-crowded population of the old world.—*Cor. Country Gentleman.*

THERE will be a considerable quantity of early amber sugar-cane cultivated about Fond du Lac, Wis., this season, and there will be abundant sirup manufacturing facilities provided within convenient distance. This industry is fast assuming large proportions in Wisconsin and Minnesota.

LOVE's young dream soon gets old.

A Neglected Point of Etiquette.

For the didactic literature of etiquette intelligent men and women entertain a feeling not far removed from contempt, and there is perfectly good reason for this, doubtless. Books of the class referred to very laboriously teach two classes of things, namely, things which all tolerably well-bred persons have learned in infancy, and things for which no tolerably well-bred person cares. They solemnly enjoin attention, on the one hand, to the propriety of eating with the fork, of using napkins at table, and of keeping the hands and nails clean—things which to well-bred persons "come by nature"—and, on the other hand, they painstakingly set down some scores of precepts concerning formalities which are entirely unworthy of the attention of serious persons.

There are too many books of this kind in existence, of course, but there is lack and need of a treatise upon etiquette still. There are very important points in which a large class of men and women seem still to be uneducated, and their lack of instruction is a source of serious annoyance, not to say injury to their fellow men.

The coming work upon etiquette must teach, for example, the truth that most persons in our time have duties to attend to which require time, and that it is as selfish and as vulgar to take up one's time as it is to use one's postage stamps, or money, or any thing else that he may place, in courtesy, at his guest's disposal. The necessity for emphasizing this truth is made apparent to editors and professional and business men every day by examples of inattention to it. Persons who would think themselves disgraced if they were inadvertently to seal a letter sent by a friend think nothing of sitting for a half hour or longer, in conversation in an office or study whose occupant may be presumed to have real use for every minute of his time. These persons come upon business, actual or pretended, and are received. Courtesy and reason require that they shall not extend the visit beyond the time necessary for the transaction of that business. The fact that their host is courteous and invites them to sit down and converse with them without indicating by tone or manner his impatience with their stay is, of course, no excuse for staying.

Mrs. Barbauld said that one has as good a property-right in his privacy as in any thing else that belongs to him; she might have added that one has as equal right to the control of his time, and any violation of that right is both a discourtesy and a wrong. To argue that the person whose office is visited should frankly tell his visitor that he can not spare the time necessary for a conversation is to require him to protect himself against a wrong by discourtesy. We do not regard ourselves as entitled to pocket any small article in a friend's house which he has not expressly pointed out as a thing that he can not conveniently spare; yet that is precisely what a good many persons seem to require with respect to minutes, which are usually less easily spared than parlor ornaments would be.

We wish that this gospel of respect for the right of others to the undisturbed use of their time could be so effectively preached that want of attention to it might be taken as proof of a want of breeding. When a man has an office and leaves home to pass some hours in it every day, the presumption that he has something to occupy him there during all these hours is so strong that it ought to be conclusive. Yet a conviction precisely the opposite of this appears to be prevalent, and all professional men will hold in high regard the teacher who shall remove it.—*N. Y. Evening Post.*

Conscientious Man.

An affecting and novel incident was presented in connection with the recent annual meeting of the Pacific Bank stockholders. Ex-Governor P. H. Burnett, for so many years president of the bank, arose in the course of the meeting and announced that, on account of failing health, he would not be a candidate for re-election. He further stated that indisposition had so interfered with the regular discharge of his duties as president of the bank that he had been unable to give more than half of his time to his regular routine work during banking hours. He considered, therefore, that only half his regular yearly salary was due him, and asked that one-half the salary be paid him, the balance to be placed as the directors and other officers of the bank might see fit. Mr. Burnett's wishes were overruled by his fellow officers, who held that his services given were worth the full salary. A check was, therefore, drawn for the full amount and left on the president's desk. When he opened the envelope, he rose and went to the teller and drew the full amount. He then walked over to the cashier's desk, and placed one-half of the sum before that officer, requesting that it be placed to the credit of the "Profit and loss account." On leaving the bank, he shook hands with each of the employees, but was too affected to be able to say even good-bye.—*San Francisco Chronicle.*

IDOLATRY, the missionaries report, is on the decline in Western Africa, where the head priest of one large district has embraced the Christian faith.

WIT AND WISDOM.

PARASITES—Eye glasses. A FEAST of reason—The entertainment of an idea.

TIME out of mind—Forgetting to wind up your watch.

A MAN must have great self-control to do what is right, but he can do what is wrong by just letting himself alone.

THE negro's definition of bigotry is as good and as inclusive as that in "Webster's Dictionary." "A bigot!" said he, "why, he is a man who knows too much for one and not quite enough for two."

In Indiana recently two women were seen tied to the tongue of a wagon, which they were hauling. This gives a chance to the wits of the press to say it is the first case on record of a woman being tongue-tied; but if they will remember that the tongue was still a wagon, they won't be so much surprised.

WHEAT does the billet doux? What check did counter sign? Who ever saw a hood wink? Who ever saw a pig iron? What does egg plant? Why did the thunder bolt? Who ever heard a foot ball? Why did the dew drop? Where does a clock work? What did plow share? Who ever saw a wheel wright? For whom did penny weight? Whom did tin foil? What did brandy smash? What did grass plot? What was it grape shot? What did the pick pocket? Who did the goose berry? Is it a joke that Jim cracks?

"LEAP-YEAR gives young ladies a gentleman's privileges in making love." Perhaps it does. But no respectable young man will have any thing to do with a young lady who takes a position on the street corner, and not only winks at the gentlemen as they pass by, but also squirts tobacco juice on their coats. Nor would it look well for a dozen or more young ladies to loaf around in front of a church an hour and a half on Sunday nights sparring and knocking one another's hats off, and dancing a tra-la-la on the sidewalk, in order to kill time until the congregation is dismissed and then buckle up to a young man and escort him home. Not any.—*Norristown Herald.*

Marriage and Divorce.

Some very curious statistics have been collected about marriage and divorce in the State of Massachusetts, and illustrate a tendency of modern society which a large number of moralists persist in regarding as dangerous, notwithstanding the arguments presented on the other side by those who choose to regard themselves as particularly liberal minded. It appears that in the ancient Commonwealth referred to the number of legal separations of husbands and wives has increased more than two-fold in the course of nineteen years, although the number of marriages in each year has remained nearly the same. In 1860 the ratio of divorces to marriages was as 1 is to 51; 1865, as 1 is to 39.2; in 1870, as 1 is to 38.8; in 1875, as 1 is to 23.6, and in 1878, as 1 is to 21.4. Out of 259,061 marriages which took place during this period 7,233 ended in divorce, and the average ratio of divorce to marriage was as one is to 35.8. It is stated that in Vermont, Rhode Island and Connecticut the proportion is even more startling, in the second State mentioned the ratio being one divorce to ten marriages. These hard facts might well be recommended to M. Dumas, and perhaps to M. Girardin as well, for study, since they represent the negative and affirmative side in France on the debate for and against the great American institution of divorce. The most superficial student of social economy must admit that something is wrong in a system or a condition of things which presents such self-stultification. The great and immediate cause of it here is undoubtedly the frivolous home education of both sexes, and the levity with which they are taught to regard the marriage relation. The sanctity of the latter has to a great extent been worn away by the incessant attrition of our nervous and hurrying life, which demands relief in variety and novelty rather than in the more sedate pleasures of the quiet fireside of the old-fashioned Anglo-Saxon "home." Even the proprietorship of this word in its true sense seems to be passing away from the English-speaking race, together with the ancient veneration of the child toward his parent. The French, whose language is barren of a name for that social holy of holies, are really in these particulars better off than we are, since the children of both sexes know what it is to obey and idolize the mother, bringing incense to her shrine as a devotee to a patron saint.—*N. Y. Herald.*

CHOCOLATE MARBLE CAKE.—Two cups sugar, one-half cup butter, one cup sweet milk, two and one-half cups flour, two eggs, three teaspoons baking-powder, one teaspoon lemon extract. Dissolve two blocks chocolate (or half a cake) in a little boiling water; add half a cup sugar, one teaspoon vanilla; to this add two tablespoons of the cake and stir well; marble it through the cake, first a little of the white cake then the chocolate, until the pan is full. Bake rather slow and even.

RICE GRIDDLE-CAKES.—One quart milk, half a cupful rice, three eggs, one good cupful flour, one and a half teaspoonsful baking-powder.